

January 2015

# Senior Health and Wellness Newsletter

Kentucky Department for Aging and Independent Living



## Magnesium

### What is Magnesium?

Magnesium is a mineral which is found in large quantities in the body, mostly in our bones.

### Why is Magnesium Important?

It is responsible for carrying out over three hundred functions in the body that keep it running smoothly. Some of these include maintaining normal nerve function, supporting a healthy immune system, maintaining a steady heart beat, keeping our bones strong, regulating blood glucose levels, producing energy, and producing protein.

### Magnesium in Our Diet

Many of us don't get enough Magnesium from our diet. The body can compensate for us not getting enough magnesium for a little while; however, if it continues, we may develop a deficiency. Some medical conditions and medications can interfere with the body's ability to absorb magnesium or increase how much magnesium we excrete which increases the likelihood of developing a deficiency.

Some people are more at risk for this than others such as someone with Gastrointestinal diseases such as Chron's or Celiac, Type 2 Diabetes, or Long Term Alcoholism. Older people are also more likely to be at risk for a magnesium deficiency.



### Sources of Magnesium:

- Fruits and Vegetables
- Nuts
- Peas and beans
- Soy Products
- Whole Grains

### How much do we need?

It is recommended that women over 50 years get 320 milligrams per day and men get 420 mg per day.

Every meal served through the nutrition program will contain a minimum of 126 milligrams of magnesium.

To avoid getting too much, it is best to get magnesium from food sources. The table on the back will help.

Continued on back.

**How much Magnesium do some common foods contain? Use the table below to find out.**

<b>Food Item (plain)</b>	<b>Portion Size</b>	<b>Milligrams</b>
Almonds	1 ounce	80
Spinach (cooked)	1/2 cup	78
Cashews	1 ounce	74
Peanuts	1/4 cup	63
Black Beans	1/2 cup	60
Brown Rice (cooked)	1/2 cup	42
Yogurt	1/2 cup	42
Kidney Beans	1/2 cup	35
Whole Wheat Bread	1 Slices	23

Source: National Institutes for Health Magnesium Fact Sheet for Health Professionals available at <http://ods.od.nih.gov/factsheets/Magnesium-HealthProfessional/#h3>

#### **For More Information:**

- National Institutes of Health— <http://ods.od.nih.gov/factsheets/list-all/Magnesium/>
- Medline Plus A service of the U.S. National Library of Medicine—  
<http://www.nlm.nih.gov/medlineplus/druginfo/natural/998.html>
- Dietary Guidelines for Americans 2010—  
<http://health.gov/dietaryguidelines/dga2010/DietaryGuidelines2010.pdf>

#### **Kentucky Cabinet for Health and Family Services Department for Aging and Independent Living**

275 East Main Street 3E-E  
Frankfort Kentucky 40621  
Phone: 502-564-6930

<http://chfs.ky.gov/dail/default.htm>